

KEEP WALKING- NEPAL

GHALE GAUN HOME STAY TREK

- SEE WEBSITE FOR DATES -



Ghale Gaun lies in the Western Region of Nepal, is 205 km northwest of Kathmandu and with its 'kind' altitude of 2095m it's the ideal rural tourist destination for observing ethnic guring settlements.

This trek provides home stay highlights which include the local culture, traditions and customs of day to day village life within Nepal. You will experience the 'hands on' lifestyle of villagers as we move through each village, and the locals will provide you with an insight that will surprise and delight.

Well furnished rooms, clean toilets and delicious foods are available, and supplied with the natural hospitality of the Gurung people.

In addition, spectacular views of the Himalayas including Annapurna, Hiunchuli, Manasalu, Lamjung together with picturesque forests, waterfalls and rivers will provide an amazing experience.

We would be pleased to have you on the journey and to introduce you to our country and ways of life while you travel as part of my extended family.



Ang Tshering Sherpa

Family business owner / manager

Trip Summary

- Day 1 - arrive Kathmandu: meet and greet with welcoming evening meal: Ti-Se overnight
- Day 2 - explore Kathmandu Valley the historical & cultural centre of Nepal: Ti-Se overnight
- Day 3 - travel by private bus to Besi Sahar (760m) & trek to Khudi (910m): local lodge overnight
- Day 4 - trek to Ghale Guan (2095m) along Khudi River through forest areas & villages, with amazing Himalaya range views: *home stay*
- Day 5 - day of exploring Ghale Guan and sites of significant interest with a cultural programme in the evening: *home stay*
- Day 6 - trek to Bhujung (1625m) & explore village with its own culture & customs: home stay
- Day 7 - trek to Pasa gaun (1652m) across Midim River suspension bridge then to Khumera (2300m): *home stay*
- Day 8 - trek to Naghidar (1260m) along Rudi river with mountain scenery & forests - tea house lunch en route: tea house overnight
- Day 9 - trek to Thumsikot (615m) through forests - then bus to Pokhara (910m): hotel overnight
- Day 10- at Pokhara with boat trip visits to many local cultural & scenic sites: hotel overnight
- Day 11 - flight to Kathmandu - private sightseeing & shopping, farewell meal: Ti-Se overnight
- Day 12 - trip concludes after breakfast

All meals are included except for lunch Day 1 and Day 11, and any meals on Day 12 required after breakfast.

Cost: US\$ 1670 (joining Kathmandu)

Includes: accommodation and most meals, road transport and airport transfers. A sleeping bag and kit bag are provided for use while on trek, with Sherpas and porters to assist you en-route and carry your gear. A medical kit will be carried by staff.

Single Supplement: additional US\$150



A 12 day home-stay-based journey.
General fitness level necessary

CONTACT US

In Nepal:

Ang Tshering Sherpa / Pemba Lamu Sherpa
GPO Box 13418 Kathmandu

Office: Kaldhara-16, Paknajol, Pipalbot Marga,
Kathmandu 4600

Email: keepwalkingnepal@gmail.com

Ph. +977 4389 649 (office)

mob +977 9860 627 739/+977 9851 189 649

DAILY MOVEMENTS

GHALE GAUN HOME STAY TREK



Day 1 - On arrival, our guide and driver will meet you at the Airport and transfer you to the Ti-Se Guest House at Boudhanath. In the evening: a welcome dinner at a restaurant for a Nepali culinary and cultural experience.

Day 2 - Today we will explore the historical and cultural centre of Nepal, Kathmandu Valley. Our travels will include a visit to one of the world's largest Buddhist stupas quite close to our accommodation and Pashupatinath, one of the most significant Hindu temples of Shiva in the world, located on the banks of the Bagmati River. The afternoon will be free to allow a wander around the various shopping outlets. Overnight: Ti-Se guest house.

Day 3 - We drive 5 - 6 hrs today in a private bus to Besi Sahar (760m) capital of Lamjung district, 180 km northwest of Kathmandu, then trek approx to 2 to 3 hrs to Khudi (910m) or Bhulbhule (840m). Lodge accommodation.

Day 4 - Today we take a packed lunch and trek for around 5 - 6 hrs to Ghale Gaun (2095m) along the banks of Khudi River, passing waterfalls, several villages and through areas of forest. We will experience picturesque views of the Annapurna and Manaslu sections of the Himalaya range and have great sunset and sunrise views from Ghale Gaun. Overnight home stay.

Day 5 - Early in the morning we climb the Ghale Gaun viewing tower for breathtaking views of Macapuchre (fishtail - 6997m), Annapurna 4 (7525m), Lamjung himal (6983m), Himchuli (6434m), Nagdi Chuli (6543m), Buddha Himal (7464m) and Peak 29 (7872m). After returning to our lodgings for breakfast, we explore the village and take in the day to day activities of the Gurung people. Later: a visit the Buddhist monastery and Gurung museum. In the evening, the locals will provide us with an enjoyable and educational Gurung culture programme comprising dance, food and culture of the area. Overnight home stay at Ghale Guan.

Day 6 - On the trail again we trek approx 3 hrs to Bhujung (1625m), enjoying magnificent views of the Annapurna and Manaslu Himalayan sections as we make our way through small villages and areas of forest. Bhujung is one of the largest Gurung villages in the area and has its own tradition, culture and customs. After lunch we visit a tea garden, forest nursery, and school in the village. Overnight home stay.

Day 7 - Today we trek for about 6 - 7 hrs to Pasa gaun (1652m) firstly descending for around an hour to the Midim River and crossing the suspension bridge engineered as part of the Annapurna Conservation Area Project. Moving on, we pass through small terraced fields and commence a climb to Khumera Danda (2300m) stopping in the local Kama Gaun tea house (1400m) en route for lunch. Then a gradual climb to and across khumera danda and down the final leg to Pasa Guan for our overnight home stay in this large Gurung village with its friendly locals.

Day 8 - Our destination today is Naghidar / Mijuredanda (1260m) with a trek of approx 4 to 5 hours and a tea house lunch en route. We pass a religious gate constructed jointly by the Mother Group and youth club of Pasagaun. After trekking along the Rudi river for around 2 hours, we climb through areas of forest to Naghidhar and view some amazing mountain scenery. Tea house overnight.

Day 9 - A trek of around 3 hrs today through a small village and areas of forest down to Thumsikot (615m) for lunch, then a drive of a further 3 hrs to Pokhara (910m). Overnight at the lakeside Meera Hotel.

Day 10 - Pokhara is a globally renowned tourist destination for its natural beauty. After our breakfast we take a boat trip on the Fewa Lake, then walk to the peace pagoda which is an ideal viewing platform for Annapurna panoramas, Himalayan views and the Pokhara Valley. Following this, a walk back to the lake for a boat trip and lakeside lunch, then on to visit Devil's Waterfall, a Tibetan refugee settlement, and Gupteshwor Cave. A p.m. Return to the hotel, with time for private sightseeing and purchases. Overnight again at the Meera Hotel.

Day 11 - After breakfast we drive to the domestic airport and fly to Kathmandu where the remainder of the day may be spent on private sightseeing and last minute purchases. A farewell dinner will be held during the evening then overnight at the Ti-Se guest house

Day 12 - The trip formally concludes after breakfast with transportation to the airport, unless other arrangements have been made.